**Early & First Level**

**PE & Science Activity Grid**

*Colour in the box as you complete the fun activity. You can choose to do the activities in any order. The experiments must be completed with an adult.*

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| PE with  Joe Wicks  YouTube | Science research:  Draw a picture of an invertebrate and write down 3 facts about it. | Gla. Science Centre  Choose an experiment to do with an adult.  Youtube | Outdoor Fun Challenge 10  Do each activity 10 times.  \* hop on each leg  \* run the length of the garden  \* jump as long/ far as you can  \* bat a ball in the air |
| Gla. Science Centre  Choose an experiment to do with an adult.  Youtube | Draw a picture of yourself and label as many body parts and organs as you can e.g. stomach, heart... | Jumpstart Jonny  Youtube | Science:  Draw or print a picture of a human skeleton and try to label as many bones as you can. Use your computer to help. |
| I’m going on a senses walk to explore some of my senses.  Find something smooth, rough, jaggy, crunchy, soft.  Find something that smells yucky, yummy, sweet, sour, perfumey... | Cosmic Yoga  For kids  Youtube | Go for a long walk with an adult.  Collect some leaves, petals, acorns, etc to make a picture when you return home. | Gla. Science Centre  Choose an experiment to do with an adult.  Youtube |
| Go Noodle  For kids  Youtube | I’m going on a senses walk to explore some of my senses.  Lie down, close your eyes and name as many things as you can that you can hear and then smell. | Gla. Science Centre  Choose an experiment to do with an adult.  Youtube | Just Dance for kids  Youtube |